

Planetary Wellbeing

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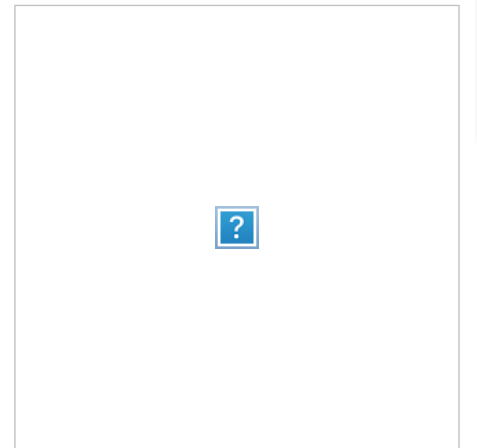


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Homemade Natural All Purpose Cleaners

Store bought all purpose cleaners for counter tops mopping floors, windows, and many other surfaces may contain ingredients that are irritating to the eyes, nose, and throat. In addition, accidentally or purposefully combining two household cleaners can produce toxic fumes. Like all of our [homemade green cleaning recipes](#), our guide to making natural all purpose cleaners will keep you, your family, and the planet safer without losing cleaning effectiveness.



Quick Facts: Health Hazards of Store Bought All Purpose Cleaners

- **Ammonia:** This can result in eye, nose, throat, and respiratory tract irritation. Additionally, toxic fumes are produced when combined with chlorine bleach.
- **Trisodium phosphate:** Burning of the nose, eyes, and throat can be caused if inhaled; burning of the skin as well.
- **Poisonings per year:** An estimated 2.5 million people per year are accidentally poisoned; 1.3 million of those are children 5 years old and younger.^[1]

DIY Green Cleaning Recipes for Natural All Purpose Cleaners

1. **White vinegar natural all-purpose cleaner:** Combine equal parts white vinegar and water. Add 30 drops of essential oil (lavender, lemon, or mint). Store the mixture in a spray bottle or a container with a lid.
2. **Vinegar and baking soda all-purpose cleaner:** Mix 1/2 cup white vinegar, 1/4 cup baking soda, and 1/2 gallon of water and put into a spray bottle or container.
3. **Tea tree oil all-purpose antibacterial cleanser:** Fill a spray bottle half full of water. Add white vinegar until the bottle is almost full, and then add 3 drops of liquid castile soap. Finish the recipe by adding 20 drops of tea tree oil, which has antibacterial qualities.
4. **Citrus vinegar all-purpose cleaner:** Start by squeezing the juice out of citrus fruits: 12 lemons or limes, or 8 oranges, or 6 grapefruits. Place the rinds in a jar, add the squeezed juice, and then fill the jar with white vinegar. Let the jar sit for about two weeks, then strain the liquid. Dilute the citrus vinegar with equal parts of water to use.
5. **Citrus enzyme natural all-purpose cleaner:** Combine 2 cups of citrus fruit peels (any citrus fruit), 7 tablespoons of brown sugar, 1 teaspoon of yeast, and 1 liter of water in a large container with a lid. Shake well and then loosen the lid to relieve the pressure formed from natural gases. For each of the first seven days, tighten the lid, shake, and then loosen the lid. After two weeks, strain the solution and store it in an airtight container.

Dig Deeper: Chemicals in Typical All Purpose Cleaners

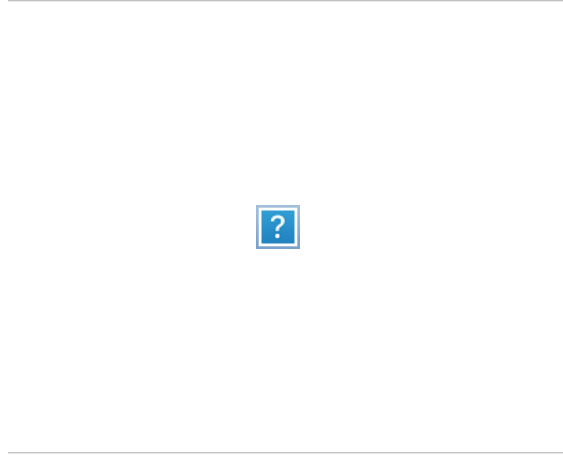
- Ammonia: [HealthyChild.org's Chemical Encyclopedia](#), the [New York State Department of Health](#) and the [National Institutes of Health](#).
- Trisodium phosphate: [National Institutes of Health](#).

Picture Credit: Images by [LittleGemTrees](#), [Billy Reed](#)

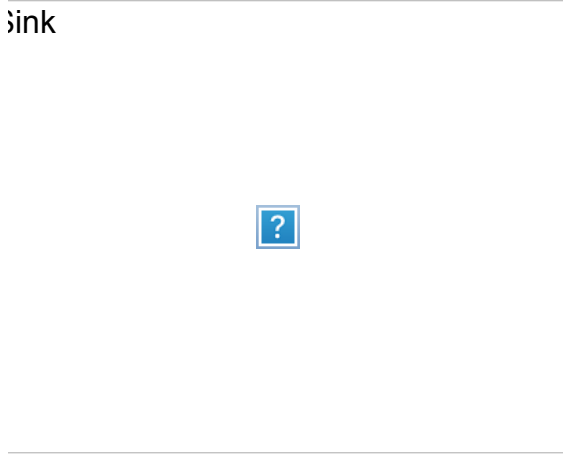
^[1] *Poisoning Prevention*. (n.d.). Retrieved from American Association of Poison Control Centers: <http://www.aapcc.org/dnn/poisoningprevention/poisonexposuresandhelpfrompoisoncenters.aspx>

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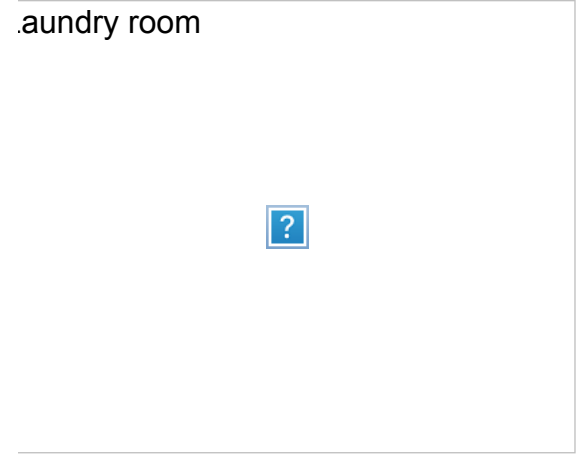
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